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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Deadly protein spurs on cancer, causes heart failure... And there's only one way to stop it

by Michele Cagan

It's a protein your body needs to survive... until it turns into a killer. Once that switch has flipped, this once essential protein becomes a marker of death.

It's so lethal, that researchers say this protein "predicts all-cause mortality in the general population."¹

That's their scientific way of saying it's the kiss of death. And there's only one proven way to stop it.

A closer look at the "protein of death"

Galectin-3 is quickly becoming the main focus of new disease research—there are more than 1,500 published studies—and for very good reason.

Back in 2012, a research team looked at the role of this potentially deadly protein in a very large population for a very long time. Their study¹ included 7,968 subjects followed for an average of ten years. Here's what they found out about galectin-3:

- it increases with age
- women, on average, have higher levels than men
- levels are directly linked with many risk factors for cardiovascular disease, including blood pressure and body mass index
- it accurately predicts all-cause mortality... higher levels indicate more imminent death

Elevated galectin-3 levels are clearly dangerous (and frightening). This protein can literally stop your heart.

But there is a way to stop it, a proven way to lower your levels, and give yourself a fighting chance.

The dark side of this essential protein can stop your heart

Galectin-3 doesn't start out as a bad guy. In fact, it has a very specific, beneficial job to do.

When your body senses something wrong—like injury, infection, or inflammation—it sends galectin-3 to the rescue.

To fix the problem, galectin-3 activates special healing cells called fibroblasts (a process called fibrogenesis) to contain and control it. Fibroblasts create fibrosis, which is similar to scar tissue. And under normal circumstances, the injury or infection is healed, the inflammation is quieted, and everything goes back to normal.

But sometimes, galectin-3 spirals out of control, and its normally healing actions turn deadly. And instead of stopping when the initial problem is fixed, it just keeps sending out fibroblasts, and they create more and more fibrosis.

When that happens, it can actually change the shape of your heart (tissue remodeling)... and that can cause dead-

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Stop the "killer protein"

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ly heart failure. And a brand new study² found that galectin-3 levels greater than 17.8 in patients already hospitalized with heart failure are likely to be quickly re-hospitalized for heart failure again... as quickly as one month later.

So now we know just how deadly galectin-3 can be when it comes to your heart, and researchers continue to uncover even more ways this protein can strike.

Sneaking through your body to spread damage

Heart failure may be the most immediately dangerous disease galectin-3 contributes to, but this deadly protein has been implicated in many more conditions:

- kidney disease³
- ulcerative colitis⁴
- Crohn's disease⁴
- cirrhosis of the liver⁵
- arthritis⁶
- type 2 diabetes⁷
- hypertension⁷

As with cardiovascular disease, it seems that galectin-3 serves as both a marker and a cause for this broad variety of conditions. In some cases, it can even track disease progression.

And that shows up very clearly in cancer patients.

Inciting cancer to thrive and spread

Galectin-3 has an equally dramatic impact on cancer cells... and there are now hundreds of studies linking galectin-3 to cancer growth.

This killer protein actually helps cancer cells stick together (like glue), so they can form tumors. And it helps them come together away from the original site of the disease, promoting the cancer's spread to other parts of the body. Specifically, so far we know that galectin-3

- promotes lung tumor growth and spread⁸
- is implicated in many cancers, including breast, ovarian, head and neck, and melanoma

- can be used to diagnose thyroid and prostate cancers, and determine a prognosis⁹
- may lower the survival rate in colon cancer patients¹⁰
- plays a role in angiogenesis (the formation of special blood vessels that help tumors survive)¹¹
- helps cancer cells avoid cell death (apoptosis)¹¹

Scientists have learned so much about the way galectin-3 acts and impacts cancer. But it took an eye-opening case study¹² published by HSI panelist Dr. Isaac Eliaz to really demonstrate how close this link is.

Groundbreaking case study links rogue protein with cancer progression

By the time Maria Valdez, professional assistant and mother of three, met with Dr. Eliaz, she had already been diagnosed with Stage IV ovarian cancer.

Maria had been going about her life, feeling fine, when she suddenly began to have abdominal pain. And during the medical workup and testing, the doctors discovered her cancer. She planned to try chemotherapy, and went to see Dr. Eliaz to find natural therapies to support her through the treatment. At that time, her galectin-3 level was 21.8 (for comparison, the average level is 11.7). Dr. Eliaz found that she had a serious infection, increasing her inflammation and galectin-3 levels... and making it less likely that chemotherapy would work.

After one month of treatment with Dr. Eliaz, her galectin-3 level had dropped down to a much less frightening 13.7. Maria reported feeling better overall, and had less pain... but her cancer wasn't under control. So she finally began chemotherapy, and had a very positive response.

Her galectin-3 levels dropped all the way down to 11.9 after six weeks of treatment. And a new CT scan

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Eat the foods you love—pasta, pizza, ice cream—without fear of diarrhea, bloating, and gas

by Michele Cagan

They're the foods you love, that you grew up eating... you've eaten them all your life.

But, now, suddenly, they don't sit so well anymore. You feel bloated, gassy, and the pressure in your stomach builds until you can't get comfortable no matter what you do. Sometimes diarrhea strikes, hard, and then you might feel sick for days.

That takes all the joy out of eating your favorite meals. In fact, it makes you scared to eat at all. But what if you could eat whatever you like, whenever you want, and feel just fine?

"I have less problems with whatever I'm eating"

"As I've gotten older," Mary Cahill told me, "I've had trouble digesting things I've eaten all my life and loved. I've been having low-level digestion problems all the time after I eat. And sometimes I get a really severe digestive problem."

She's not sure what triggers those bouts of severe intestinal distress—and neither is her doctor—but it can set off days, even weeks, of awful symptoms: terrible diarrhea, gas, bloating, and almost unbearable abdominal discomfort.

Once that happens, anything she eats makes her feel worse... and nothing helps. "I've tried probiotics, many digestive aids, anti-diarrheal medicines (but not pharmaceutical ones). I've tried so many things, but nothing makes much difference. At some point it just stopped on its own."

Then Mary discovered DigestSolve 24/7. "I've only been using it for about a week. But I noticed that when I take it before I eat, I have less problem with whatever I'm eating. And I'm hoping it stops those severe attacks before the next one starts."

"Repairing the gut"

Dr. Frank Ervolino, who played a key part in formulating DigestSolve, wanted

to create a powerfully effective digestion formula that would be easy for his patients to deal with, "so they wouldn't have to take a ton of pills."

His first step was to track down the best probiotic. He'd been researching gluten sensitivity, and found that a specific strain of probiotic outperformed all the others when it came to "repairing the gut" in celiac patients—a strain called bifidobacteria.^{1,2,3,4}

More than 40 human clinical trials have been conducted using BB536.

In fact, bifidobacteria have been shown to be effective for

- preventing gastritis and diarrhea brought on by antibiotic use
- treating and easing symptoms of ulcerative colitis
- relieving symptoms of irritable bowel syndrome (IBS)
- preventing and treating constipation and diarrhea
- increasing overall immune health

And when it comes to bifidobacteria, you can't do better than BB536.

The most studied, ever, in the whole world

That mysterious-sounding code is the name of the world's most studied probiotic strain, specifically a form called *bifidobacteria longum*. And while it's been studied in connection with immunity,⁵ influenza,⁶ and allergies,⁷ here we'll focus on the GI (gastrointestinal) issues.

As far back as 1997, BB536 was proven to improve the environment in the intestines (so good bacteria could thrive and shut out bad microbes), setting the stage for better GI health.⁸ The patients in that clinical trial, all suffer-

ing from constipation, saw substantial improvement in the characteristics and frequency of their bowel movements.

It also has a very beneficial impact on the antibiotic effect—the terrible diarrhea and GI discomfort that can strike after a course of antibiotics. In this placebo-controlled trial,⁹ patients taking antibiotics (a harsh combination of powerful drugs) for *H. pylori* infections were also given either BB536 or placebo. And the patients in the BB536 group suffered less diarrhea and GI symptoms during treatment, and returned to normal more quickly after the drug course ended.

And just last year, a breakthrough study¹⁰ found that BB536 helped modulate bowel movements in older adults. That means people with constipation went more, and people with diarrhea went less, moving everyone back toward normal.

BB536 was even shown to help patients with ulcerative colitis go into remission. In that clinical trial,¹¹ patients with active ulcerative colitis were treated with BB536 for six months. And 67% of those patients were in clinical remission by the end of the trial period... meaning no more unbearable symptoms.

And along with this healing probiotic proven to repair and prevent intestinal damage, DigestSolve contains unique enzymes to help break down even the most troublesome foods.

The problem with dairy is NOT what you think

If you have problems digesting dairy, you may figure that you're lactose intolerant—and you're probably right, most people are.

When your body doesn't break down that lactose (the sugar in milk) properly, it ferments in your intestines.

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The antioxidant, antibacterial, herpes-clearing, dental cure-all straight from America's heartland

by Michele Cagan

It takes on infections that pharmaceuticals can't clear, like resistant bacteria.

Wounds—like surgical incisions and second degree burns—heal faster and better.

That's because this unbeatable natural cure-all contains more than 300 powerful healing compounds.

And it comes from right here in the good old USA.

Protection from bacteria, fungi, viruses... and snakes

Propolis works like a forcefield.

This sticky resin keeps all unwanted visitors out of the hive, including invasive insects, rodents, and snakes.

But it also offers unbeatable protection against microbes that make it through the barrier, killing off

- bacteria
- viruses
- fungi
- pathogens

That broad protection comes from the more than 300¹ compounds found in propolis, including B vitamins, minerals, amino acids, diverse bioflavonoids, fatty acids and organic compounds like caffeic acid.

All propolis is not the same, though. Its rich chemical content depends on the variety of plants found near the hive. And that's why commercial propolis won't have the same diversity of compounds—those bees only have access to specific plants (like orange groves, for example).

And that's why independent beekeepers have the propolis you want.

From the farmers' market to the Minnesota State Fair

They weren't looking to start a business, just working with a local beekeeper friend, selling distinct honey

from specific Minnesota wildflowers, helping out at farmers' markets.

In their spare time, the two friends started whipping up some bee-based products for themselves, focusing mostly on sensitive skin.

Somehow, the lady who ran the honey counter at the state fair heard about their products and asked for samples. The pair had been just mixing up potions for themselves, and storing them in mason jars. They didn't have any real finished products, but they managed to scrape together a few samples for her. And the Worker B company was born.

At the 2010 state fair, local gift shops started asking for their bee products... and things really took off.

The company has grown a bit since then, but they still work only with independent local beekeepers, known for their sustainable, chemical-free practices. So with any Worker B product, you can be confident that you're getting a rich, diverse propolis full of healing compounds.

Ancient cure-all

In ancient times, propolis (also called "bee glue") was the cure-all of choice for many ailments. The ancient Egyptians, Greeks, and Romans used it extensively as medicine.²

It's been used to cure infections like the common cold, soothe and heal sore throats, calm inflammation inside and out, even heal wounds and burns.

In addition to its vast antimicrobial properties, propolis also works as a powerful antioxidant and anti-inflammatory agent.

Those healing powers come in part from the stunning beneficial impact propolis can have on our immune systems. A comprehensive review³ of scientific literature found that propolis affects our antibody production,

stimulates natural killer (NK) cells against tumors, modulates many different cells in our immune systems, and even increases the killing powers of specialized immune cells.

And researchers keep finding new ways that propolis can be used to prevent and treat a variety of health conditions, from gingivitis to second-degree burns to some cancers.

Now a dental cure-all

With all of its curative properties, it's no wonder propolis shines in dentistry.

In fact, this amazing cure-all has been shown to⁴

- prevent cavities
- prevent and treat gingivitis and other periodontal diseases
- reduce oral mucositis (ulcers and inflammation in the mouth) caused by chemotherapy
- inhibit oral plaque buildup
- speed healing and prevent infection after oral surgery (including root canal)
- get rid of bad breath
- regenerate tooth pulp

And then there's the impact on oral cancer, one of the most common and least curable cancers. New research⁴ finds that one of the key compounds found in propolis—a compound called CAPE—helps stop the growth and spread of oral cancer cells, and increases the power of chemotherapy used to treat oral cancer, so lower doses can be used (which leads to far fewer side effects).

Heals wounds better than pharmaceuticals

From minor cuts to surgical incisions, from severe burns to diabetic foot ulcers, propolis helps wounds heal, sometimes even better than pharmaceuticals.

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A 2012 study⁵ found that propolis helped surgical wounds heal better than dexamethasone, a corticosteroid frequently used on incisions. That's likely due to the fact that propolis has more effective anti-inflammatory action than dexamethasone during wound healing.⁶

Burn wounds are notoriously hard to treat, and especially to keep free from dangerous infections. Propolis handles both issues easily. In fact, one study⁷ found that "propolis stimulated significant changes" in healing burn wounds, speeding burned tissue repair. Another⁸ found that propolis has stronger anti-inflammatory properties and "beneficial effects" on partial thickness burn wounds in patients with second-degree burns.

People with diabetes heal very slowly, and they're also unfortunately prone to painful, raw foot ulcers. So far, modern medicine hasn't come up with a solution. But a new animal study⁹ supplies the answer: propolis. In diabetic rats, wounds treated with topical propolis healed faster.

Halts and heals cold sores and genital herpes outbreaks better than drugs

No one likes to talk about it, but a surprising number of people have genital herpes. Current estimates say more than 50 million Americans have the herpes simplex 2 virus (HSV2). And that pales in comparison to the number of people with the herpes simplex 1 virus (HSV1), the one responsible for cold sores: The CDC believes up to 80% of American adults carry this virus.

Since neither of these viruses ever goes away, once you're stricken, you've got it for life, and your chance of outbreaks increases.

Enter propolis, a virtual miracle when it comes to herpes viruses. *In vitro* studies show that propolis stops both of these viruses from reproducing—meaning faster healing and potentially fewer outbreaks. In fact, one study¹⁰ found that propolis reduced HSV2 infectivity by at least 99%. Another¹¹ showed propolis to have high anti-

viral activity against HSV1, reducing plaque formation by at least 98%.

And here's where it gets really interesting. A landmark clinical trial¹² saw amazing results in patients with active HSV2, better than the standard drug used (which also comes with some nasty side effects). This multi-center study included 90 adults, all suffering from genital herpes outbreaks. Within just 10 days, most of the propolis group was healed, compared to fewer than half of the people in either the acyclovir (the pharmaceutical drug) or placebo group. What's more, half the patients in the propolis group showed signs of healing by day three of treatment.

And while we're on less comfortable subjects...

If you've ever had a vaginal yeast infection, you'll want to get some propolis. What you may not know (I didn't before this) is that there are many different strains of vaginal yeast, and they may not all respond to the same one-size-fits-all pharmaceutical drug. But at least 97 of them can be treated with propolis.

That's right. Propolis inhibited 97 different strains of vaginal yeast, including one that's resistant to nystatin (a common drug treatment).¹³

And in that HSV2 trial¹² we talked about a moment ago, the researchers also found that the propolis also reduced vaginal superinfections during the herpes outbreak.

Killing bugs that leave Pharma drugs stumped

Antibiotic resistant bugs are becoming more and more common, calling for the use of harsher, more drastic pharmaceuticals that do as much harm to your body as good.

But those bugs are no match for propolis.

Busy Big Pharma bees

Propolis is being studied for its potential as a pharmaceutical drug against tumors, ulcers, infections, and diabetes.¹⁷

Take *S. aureus*, the staph infection that now is often drug resistant (like in MRSA). Propolis has been shown to wipe out the original bacteria¹⁴ and even drug multi-resistant *S. aureus*.¹⁵ That second study also found propolis to be effective against drug-resistant *E. coli*. Those researchers also found that the propolis worked best when mixed with honey or alcohol.

And propolis goes one further, taking on a virus that has stumped pharmaceutical researchers since they began creating drugs: the common cold. A European placebo-controlled clinical study¹⁶ found that propolis shortened cold duration and sped up symptom relief in patients with common colds. Every patient in the propolis group was completely recovered within three days of propolis treatment, with symptoms clearing up as quickly as day one. The placebo group took nearly five days to recover in comparison.

Made in America, a propolis you can trust

Worker B Propolizer comes as a 50% propolis tincture: it's half propolis, half grain alcohol.

It's bottled that way because the propolis resin is alcohol-soluble (but not water, which is why it protects the beehive from rain).

When I talked to one of the friends behind Worker B, he told me that many of their customers use the Propolizer daily as a general preventive and immune system supporter. It's also often used to knock out colds, and soothe sore throats (even ones brought on from talking too much).

No matter the reason, you can trust that the propolis in Worker B Propolizer comes from a reliable source, straight from America's heartland.

The Propolizer helps prevent and treat better than drugs

Whether you want to get rid of a cold or avoid one, quickly heal a wound, or treat a stubborn infection that won't go away, the Propolizer can help.

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Stop the "killer protein"

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showed no masses in her abdomen, and reduced lymph nodes.

This was the first clinical demonstration using galectin-3 to track cancer progression. And you can see why galectin-3 has become a prime target for upcoming cancer drugs.

But instead of waiting for Big Pharma to come up with something that will probably come with debilitating side effects, you can choose a proven natural treatment... the only treatment scientifically proven to lower galectin-3 levels.

But before you start with a treatment, it's critical to know where your galectin-3 level stands.

Get tested... today

Without any obvious injury, without any noticeable symptoms, your galectin-3 levels could be soaring... and you'd never know it. Because this protein gets called to action when there's any kind of tissue damage, no matter how small, and that normal response can spin into a dangerous cascade without any warning at all.

The only way to find out if this killer protein has put you in mortal danger is to take the blood test.

When we first told you about galectin-3 back in 2011, the testing technology was brand new, hard to find, and kind of expensive. Now it's become more accepted, and it's easier (and sometimes cheaper) to get tested—in fact, most insurance companies cover it now.

Once you know your levels, you can figure out the best action to take, or even if you don't need to do anything at all.

Galectin-3 levels are measured in nanograms per milliliter (ng/ml). And the test results will be crystal clear (see charts on the right).

In addition to these guidelines, one study¹³ (which included more than 1,000 participants, all *without* known heart disease) found that a galectin-3 level of 22.1 or more had "a significant association" with imminent death.

You can see why it's critical to get tested right away. Because once you know your galectin-3 level, you can immediately start taking steps (if necessary) to lower it, with the only research-proven natural galectin-3 inhibitor.

The ONLY proven way to stop the killer protein

If your galectin-3 levels are elevated, there is something you can do to lower them, right away.

It's safe, natural, and clinically proven not only to lower galectin-3 levels, but to help heal many of the diseases linked with this killer protein.

The answer comes from the peel of citrus fruit, a substance called pectin. Pectins naturally bind to galectin-3, so it stops "killer protein" molecules from interacting.

But there's a catch: pectins are naturally large molecules, and it's hard for your body to use them properly. To get the job done, pectin needs to be modified—and that's where Modified Citrus Pectin (or MCP) comes in. HSI panelist Dr. Isaac Eliaz developed a

highly absorbable form of MCP called PectaSol-C, and it's been scientifically and clinically proven to be better absorbed into the blood stream. And with its extremely low molecular weight, it's easier for PectaSol-C to bind with and block galectin-3.

And PectaSol-C has been proven to do that very job.

Proven effective for lowering galectin-3 levels

While human studies tracking the power of MCP against galectin-3 are just beginning—there are two recruiting subjects right now (more on that in a moment)—PectaSol-C has been proven to lower galectin-3 levels in both *in vitro* and animal studies. (Visit the HSI archives to learn more about human studies using PectaSol-3 to fight disease.)

- A new *in vitro* study¹⁴ found that PectaSol-C (they used that specific MCP) helped reduce cancer cell viability by 75% and quadrupled levels of a protein called caspase-3 that's critical for killing cancer cells. The researchers concluded that targeting galectin-3 could help treat ovarian cancer.
- Another *in vitro* study¹⁵ confirmed that MCP controls cancer spread by stopping galectin-3.
- One animal study¹⁶ found that PectaSol-C reduced galectin-3 levels in mice with kidney injury, and reduced existing fibrosis and inflammation.
- Another animal study¹⁷ showed that MCP inhibited galectin-3 levels, reducing *and* reversing disease progression in mice with atherosclerosis

Building on those successful studies, scientists are now looking into how PectaSol-C impacts galectin-3 and other disease markers in people. Right now, there are two studies still recruiting participants, one in the US

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Galectin-3 Reference Ranges, courtesy of Dr. Isaac Eliaz

Extreme Risk >17.8
Indicates high risk for cancer, heart failure, and fibrosis in general populations.
For congestive heart failure patients, these levels indicate extreme risk of adverse cardiac event.
High Risk 14.0 to 17.8
Indicates significantly increased risks for cancer, congestive heart failure, fibrosis, and overall mortality.
Ideal Levels <14.0 to 12.0
General Population <14.0 ng/ml
Cancer Patients <12.0 ng/ml
Congestive Heart Failure Patients <12.0 ng/ml

No more gas and bloating!

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That leads to some very nasty bloating, cramping, gas, and diarrhea.

But what most people may not know, according to Dr. Ervolino, is that lactose is only one possible cause of dairy distress. The proteins and fats in dairy can also cause uncomfortable and embarrassing digestive problems.

So to deal effectively with all three components, you need *all* the right enzymes. And you'll find them in a special focused blend in DigestSolve: one to focus on the sugars, another to help manage the proteins found in dairy (like casein and whey), and a third to help you fully digest dairy fats without discomfort.

But DigestSolve doesn't stop there... because if you want to eat pizza and sandwiches, you have to address grains as well.

No need to avoid the bakery

"Gluten-free" seems to be the latest food craze, and it's no surprise, especially as we get older. And while many people are perfectly content to cut wheat and gluten products out of their diets, that certainly doesn't work for everybody (and if you've tried gluten-free "breads," you probably understand what I mean).

But supplying the exact enzymes your body needs to break down grains and other sugary or starchy foods can let you eat your favorite foods again... without doubling over in pain or living in the bathroom afterward.

DigestSolve supplies just that, a perfect blend of carbohydrate-digesting enzymes so you can enjoy everything from donuts to three-bean chili with confidence.

And to really make sure you're protected from stomach upset, the formula also includes two traditional herbs, both used for centuries to calm GI distress.

Classic digestive herbs turn off the gas

Chamomile and fennel support digestion, and they have for thousands

of years. These classic European herbs are well-known "carminatives," plant remedies that naturally stimulate effective digestion.

Fennel seeds are known to prevent gas from building up in the intestines, helping ward off flatulence before it starts. That can also help prevent bloating, and the immense discomfort that comes with it.

Chamomile helps calm the whole system, and that includes relaxing muscle spasms—like cramping in your stomach and intestines. Traditionally, this soothing herb has been used to treat constipation, diarrhea, irritable bowel symptoms, gas, and stomach cramps (and can even quiet colicky babies).

People with severe conditions can finally find some relief

"It's the combination that works so well," Dr. Ervolino told me. "And it helps reset the gut environment, so your body can repair damage faster than new damage happens. That's why it may help even people with severe digestion issues like Crohn's disease—it won't cure them, but it can bring a lot of relief."

That effectiveness happens because DigestSolve comes at digestive problems from three distinct directions:

1. BB536 repairs and rebuilds the environment to minimize intestinal distress
2. Powerful, focused digestive enzymes help your body break down proteins, fats, and carbohydrates—especially troublesome grains and dairy
3. Traditional digestive herbs improve digestion, soothe your stomach, and keep embarrassing gas under control

And that unique formulation lets you eat what you want, when you want, without worrying about if, or when, GI symptoms will strike.

"So many people have digestive problems, and I've seen so much success with

DigestSolve. Many patients see a quick response, really turning things around for them," Dr. Ervolino said. "And for symptoms like severe gas, bloating, and stool problems, this formula really helps fast."

"It felt like winning the lottery"

"About five or six years ago, I suddenly got terribly uncomfortable eating Italian food, like pasta and bread. I felt awful, keeled over in pain, with bloating and cramping." Renee Jones told me.

So she tried an elimination diet, and realized that avoiding bread helped her feel better. (Her doctor tested her for celiac, but it came back negative.)

"I was miserable. I couldn't eat what I wanted. And I love food!"

Then DigestSolve came into her life. And it changed everything.

"I tested the DigestSolve with a bagel. I took two capsules, and then I ate a bagel, my first one in a long time. It felt like winning the lottery! You don't realize how much you miss it when you're going without, but I was so happy to be able to eat bread without pain again."

Renee still avoids gluten products most of the time, but when she wants to eat her favorite foods, "I just take two capsules and have no worries about what I'm eating."

DigestSolve 24/7 takes the fear out of eating

Whether it's ice cream, pasta, or even fruit salad adding to your intestinal distress, DigestSolve 24/7 can help you eat your favorite foods without the fear of painful and embarrassing consequences.

The manufacturer recommends taking one capsule right before you meal, usually 3 capsules per day.

Just so you know, the capsules taste a little like licorice—that's from the fennel in the formula.

You can find ordering information for DigestSolve 24/7 in your Member Source Directory on page 8. **HSI**

Stop the "killer protein"

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and one in Israel. The US study, officially titled "Galectin-3 Inhibition With Modified Citrus Pectin in Hypertension" is expected to be completed by October 2015. The other trial will look at the impact of PectaSol-C on prostate cancer, including galectin-3 levels (If you're interested in participating in either of these trials, visit the Clinical Trials website at www.clinicaltrials.gov)

PectaSol-C stops the "killer protein"

When you can stop galectin-3 from causing more damage—and possibly reverse existing damage—then you have a real fighting chance.

If your galectin-3 levels are elevated, you may want to start on an immediate course of PectaSol-C.

For recommended dosages, please see the chart to the right. For the best results, take PectaSol-C on an empty stomach (at least 15-30 minutes before eating or 1 hour after eating).

You will find ordering information for PectaSol-C in your Member Source Directory below. **HSI**

Recommended doses of PectaSol-C

For people with no known medical conditions, and galectin-3 levels:

under 14ng/ml	5 grams of MCP per day in 1-2 divided doses
between 14-17.8 ng/ml	10 grams of MCP per day in 1-2 divided doses
over 17.8 ng ml	15 grams of MCP per day in 2-3 divided doses

For people with active medical conditions (such as heart disease, autoimmune diseases and chronic inflammatory diseases), and galectin-3 levels:

under 12 ng/ml	5 grams/day in 1-2 divided doses
between 12-14 ng/ml	10 grams/day in 1-2 divided doses
over 14 ng ml	15 grams/day in 1-2 divided doses

For people with cancer, including those currently in remission with no recurrence for two years, the recommended dose is 15 grams per day of PectaSol-C taken in 2-3 divided doses, regardless of galectin-3 levels. Cancer patients in remission for three years with no recurrence can use galectin-3 levels to guide dosing.

The recommended dose for cancer patients with galectin-3 levels of 17.8 and higher is 20 grams of PectaSol-C per day taken in 2-4 divided doses.

For people in good health, with none of the conditions listed here, and no inflammatory issues or elevated levels of heavy metals, it's recommended to take 5 grams of PectaSol-C per day as a maintenance dose on an ongoing basis. Should any inflammatory-related issues or any of the conditions discussed develop, increase the daily dose to 15 grams per day (in divided doses).

Amazing cure-all, made in America

(continued from page 5)

The Propolizer is a 50% tincture—50% propolis, 50% alcohol—and that's much more highly concentrated than most commercial brands.

For best results with daily use, the manufacturer recommends working your way up from six drops to 30 drops

of Propolizer per day, squirted toward the back of your throat. The Propolizer can also be used on wounds—it may sting a little (due to the alcohol), but minor cuts and wounds will heal faster.

You can mix your daily drops into a glass of water, but this will cause the

propolis to 'seize' out of the alcohol and form a film on top of the water. Or, if you prefer, you can mix the drops with raw honey to get the full benefits.

You can find ordering information for Worker B Propolizer in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

PectaSol-C, Econugenics, Ph (800)308-5518; www.pectinforhealth.com. PectaSol-C (in classic and lime flavors) costs US\$109.95 for a one-pound (454 gram) jar or US\$79.95 for one 270-capsule bottle. HSI members can also buy three and get one free, or buy five and get two free for even more savings. HSI members can also get a free PDF copy of a new book about modified citrus pectin, *New Twist on Health*, by visiting www.mcpbook.com.

DIGESTSolve 24/7®, The Harmony Company, Ph: (800)422-5518; www.theharmonycompany.com/special-offer-hsi-digestsolve. DIGESTSolve® costs US\$34.95 per bottle, but HSI members are entitled to a special 25% discount on their first order. Simply use code: **HSIDIGEST** when ordering.

The Propolizer, Worker B, Ph: (612) 804-4781; www.worker-b.com. The Propolizer costs US\$25.00 (plus shipping) for a one-ounce bottle.

HSI website log-on info (OCTOBER): Username: oct2014

Password: herb

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